



Roast Duck & Caramelised Onion Sauce

with Mashed Potato & Sautéed Baby Broccoli

GOURMET PLUS

Grab your meal kit
with this number

28



Potato



Baby Broccoli



Garlic



Onion



Duck Breast



Onion Chutney

Prep in: 25-35 mins
Ready in: 30-40 mins

Spice up your Sunday roast with decadent duck breast and all the trimmings: from the luxurious mash to the charred greens and a sweet and savoury caramelised onion sauce, everyone will want seconds.

Pantry items

Olive Oil, Butter, Milk

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	20g	40g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
baby broccoli	1 packet	2 packets
garlic	2 cloves	4 cloves
onion	½	1
duck breast	1 packet	2 packets
onion chutney	1 medium packet	1 large packet
water*	3 tbs	6 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3163kJ (755Cal)	521kJ (124Cal)
Protein (g)	33g	5.4g
Fat, total (g)	59.3g	9.8g
- saturated (g)	18.6g	3.1g
Carbohydrate (g)	47.7g	7.9g
- sugars (g)	8.2g	1.4g
Sodium (mg)	522mg	86mg
Dietary Fibre (g)	11.5g	1.9g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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2025 | CW01



Make the mash

- Preheat oven to **240°C/220°C fan-forced**.
- Bring a medium saucepan of lightly salted water to the boil.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**. Drain, then return to the saucepan.
- Add the **butter, milk** and **salt** to **potato**, then mash until smooth. Cover to keep warm.



Cook the veggies

- While the duck is roasting, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** and **onion** until softened, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



Get prepped

- Meanwhile, halve any thicker stalks of **baby broccoli** lengthways.
- Finely chop **garlic**.
- Thinly slice **onion** (see ingredients).



Make the onion sauce

- Return the frying pan to medium-high heat.
- Cook **onion chutney**, the **water** and a pinch of **salt** and **pepper** until slightly reduced, **1 minute**. Remove from heat.



Cook the duck

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Season **duck breast** on both sides with **salt** and **pepper**.
- Place **duck**, skin-side down, in the hot pan and cook until the skin is golden, **6-7 minutes**.
- Turn **duck** and cook until browned, a further **2 minutes**. Increase heat to high and sear on all sides for **1 minute**.
- Transfer to a lined oven tray, then pour over 2 tbs of **duck fat** from the pan. Roast until duck is cooked through, **10-12 minutes**.
- Transfer to a plate to rest, **5 minutes**.



Finish & serve

- Slice roasted duck.
- Divide mash between plates. Top with duck and sautéed baby broccoli and onion.
- Spoon over caramelised onion chutney sauce to serve. Enjoy!

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